

The background features a light gray gradient with several realistic water droplets of various sizes scattered across the surface. A faint, circular, textured pattern is visible in the upper center of the image.

Breastfeeding In Emergencies

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Learning Objectives



Identify risks associated with infant feeding in emergencies



Conduct a simple triage as an infant feeding responder



Support safer infant feeding practices



Utilize a trauma and culturally informed approach



Obtain resources for emergency preparedness



53% higher during emergencies



50x greater risk of hospitalization if formula fed



10x greater risk of death if not breastfed



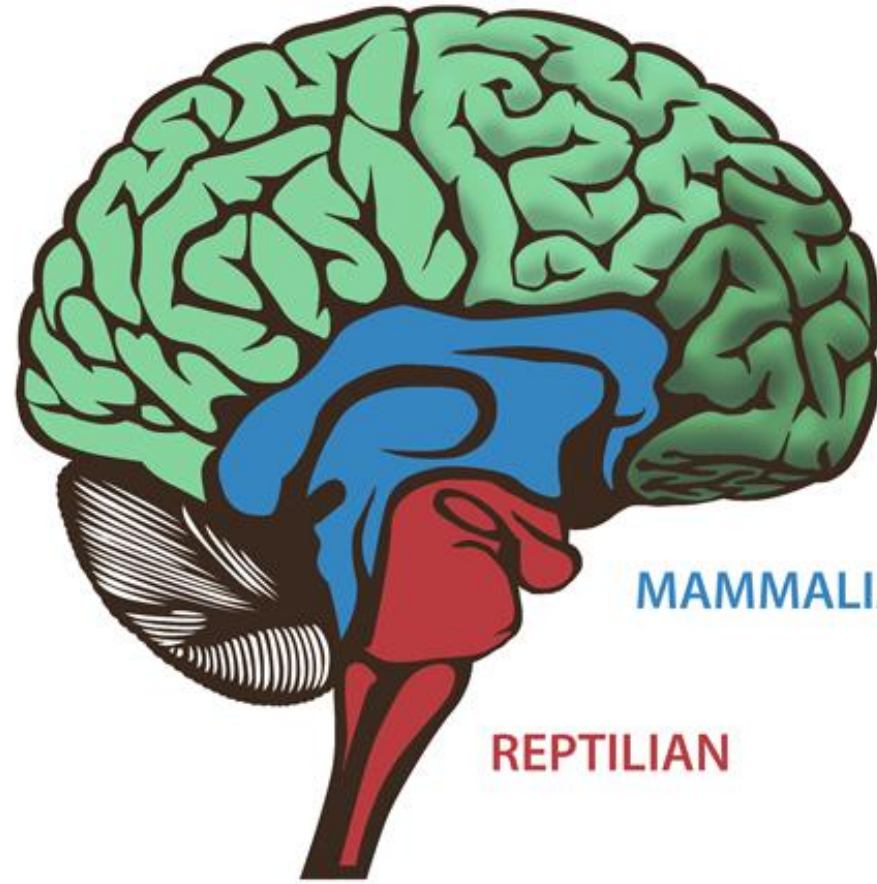
Poor infant feeding practices during an emergency may lead to an increase in morbidities following the crisis

Mortality Rates In Infants During Emergencies



TRAUMA

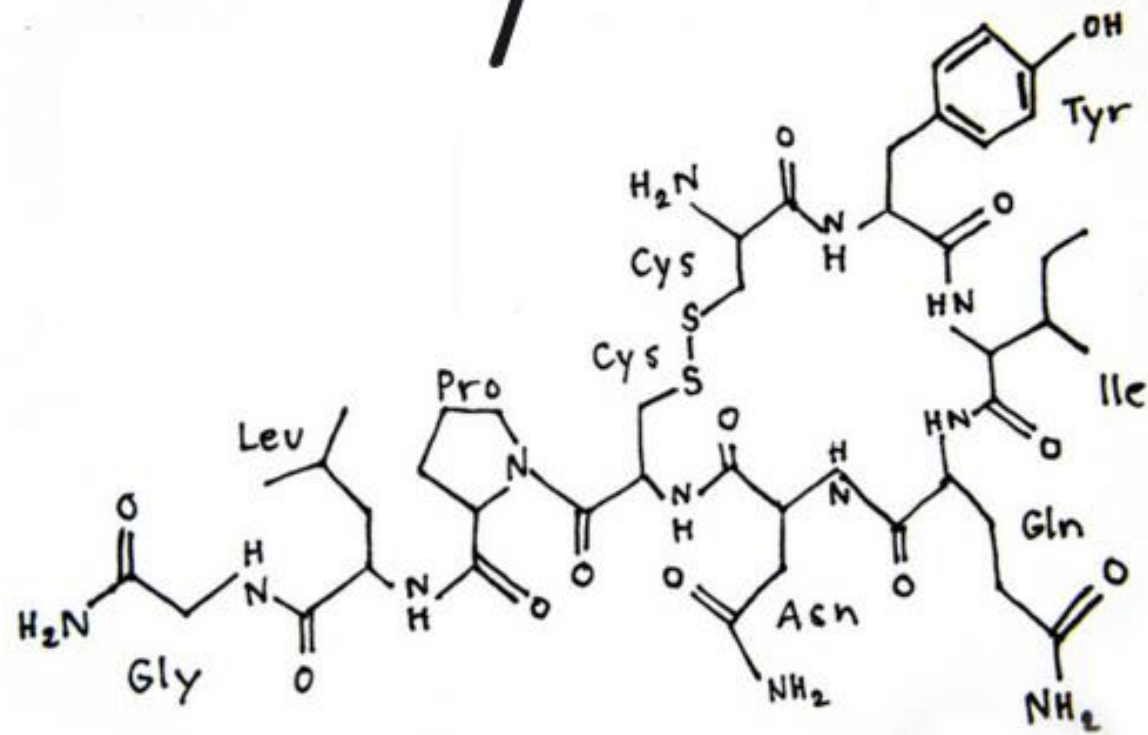
NEOCORTEX



MAMMALIAN

REPTILIAN

Oxytocin





Cultural Considerations: Trauma

- Communities of color and LGBTQ communities experience trauma as a part of daily life
- Many communities have collective narratives about strength and survival

Infant And Young Child Behavior



Babies feeding more frequently and being unsettled during feeds



Toddlers wanting to eat more or not wanting to eat at all



Wanting to be held more and showing increased clinginess



Difficulty in going to sleep and waking more frequently during day and night sleeps



Regressions in learned behaviors such as sitting, crawling and walking



Being whiney, wanting more attention, or being easily distressed or withdrawn



Stressed parents find it more difficult to notice their baby's or toddler's behavioral communication

Reducing Stress In Stressful Places

Breathe

1. Hands on chest and belly
2. Breathe into belly
3. Exhale slowly

Mantra

1. "I am enough"
2. "We will make it work"
3. "My body made my baby, it will nourish my baby too."

Other

1. Mirroring – reflecting back
2. Grounding activities – feet as roots
3. Visualization



Sasha Gulich/Getty Images

Stress, trauma, grief, or sexual violence do not spoil a mother's breastmilk, but she needs care that helps to restore her emotional balance.



Cultural Considerations: Stress and Breastmilk

- Many cultures have beliefs about the impacts of stress on breastmilk
- The caregiver's personal beliefs may vary from that of their support system
- Approach with curiosity

Lactation Professionals As Emergency Professionals

Shelters



Hospitals



Community





Breastfeeding*

- Protective factors, reduced maternal child anxiety, readily available
- Myths related to breastfeeding



Cross Nursing*

- Protective factors, builds community connection
- Cross nurse needs nutritional support, cultural considerations



Ready to Feed Infant formula (RTF)

- Premixed and can be bought in individual portions
- Sanitization risk due to reuse of teats/bottles, supply chain risks, increased risk of diarrhea



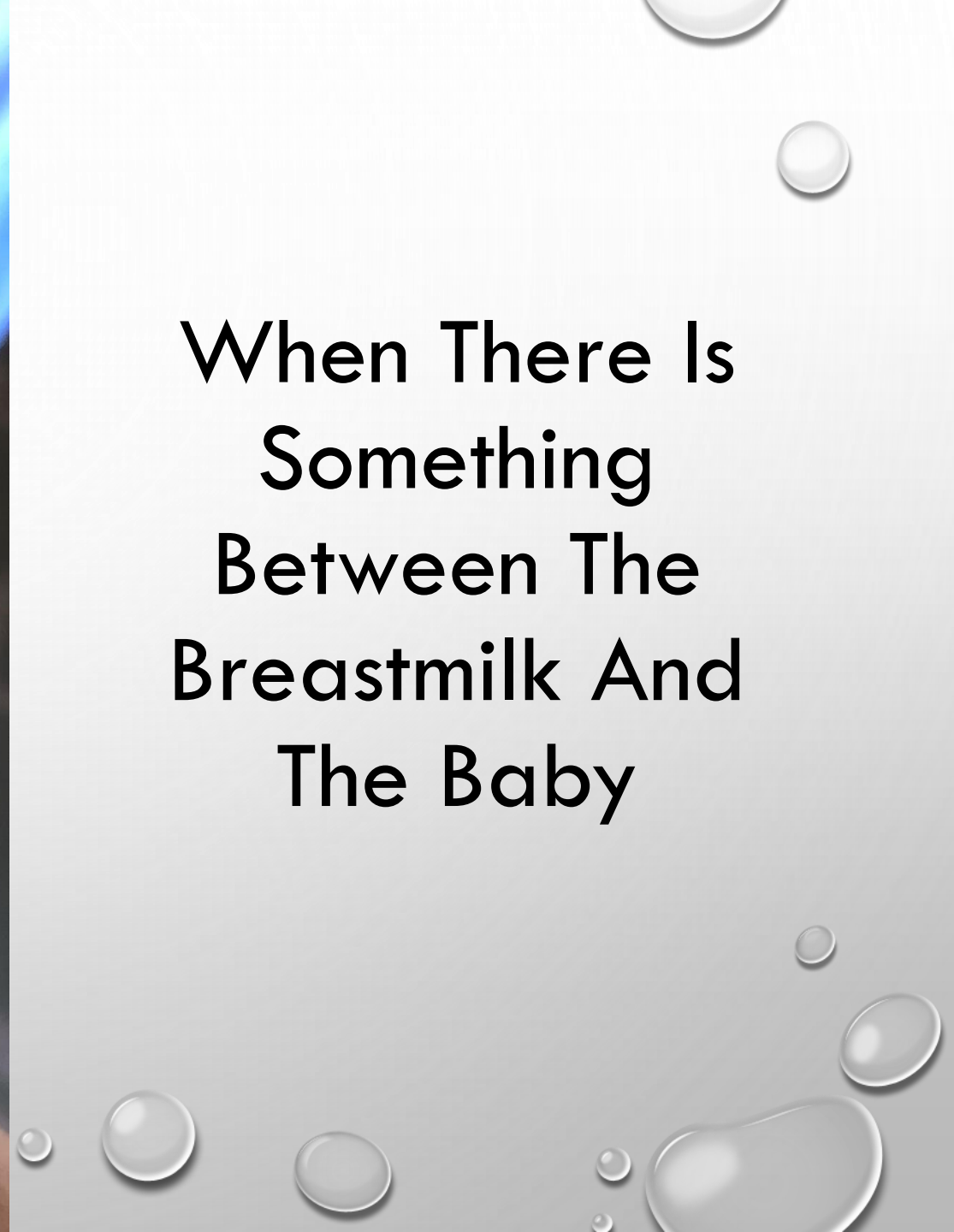
Powdered Infant Formula (PIF)

- Most familiar, frequently donated
- Formula/water contamination, costlier due to equipment needs, must sterilize all implements, supply chain risks, increased risk of diarrhea

Emergency Feeding Method Hierarchy



When There Is
Something
Between The
Breastmilk And
The Baby





Formula Safety Changes In Emergencies



Cultural Considerations: Cross Nursing

- Wet nursing is a concept deeply rooted in historical trauma for the African American community
- Muslim communities have a varied approach to cross nursing, which may be best addressed individually or as a community

Infant Feeding Assessment

1. Observe a Breastfeed

- Back to basics: latch, sucking, physical comfort
- Caregiver confidence

2. Listen and Learn

- Frequency
- Pacifier use
- Complementary food or drinks
- Beliefs and worries
- Mother/caregiver physical and emotional wellbeing
- Interest in increasing breastmilk/relactation

3. Observe Formula Feed

- Assess for resources – formula, preparation facilities, storage, time
- Caregiver management of feeding – hygiene, technique, interaction, adequacy, age appropriate

The Role Of Lactation Support In Shelters

- 💧 Prioritize registration of families with infants
- 💧 Keep families together
- 💧 Prevent breastfeeding from being sabotaged
- 💧 Advocating for breastfeeding area
- 💧 Protecting the ability to breastfeed anywhere
- 💧 Anticipatory guidance
- 💧 Increase milk production
- 💧 Hand expression
- 💧 Cup feeding
- 💧 Safe preparation of formula/complementary foods

The Role Of Lactation Support In Hospitals

- 💧 **Consider the community conditions of discharge and hospital policies**
- 💧 Increase milk production/**relactation**
- 💧 Prevent breastfeeding from being sabotaged, keep the dyad together
- 💧 Anticipatory guidance
- 💧 Hand expression
- 💧 Cup feeding
- 💧 Safe preparation of formula/complementary foods

The Role Of Lactation Support In The Community

- 💧 Anticipatory guidance
- 💧 Support system work
- 💧 Problem solving – supplies, time, etc.
- 💧 Increase milk production/relactation
- 💧 Hand expression
- 💧 Cup feeding
- 💧 Safe preparation of formula/complementary foods



How To Cup Feed

1. Hold the baby in an upright position
2. Keep the infant's hands out of the way
3. Tilt the cup of milk so that its rim touching the baby's lower lip
4. The baby should be sipping or lapping the milk
5. Leave the cup at the baby's lip if they take a break



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JACK NEWMAN
INTERNATIONAL
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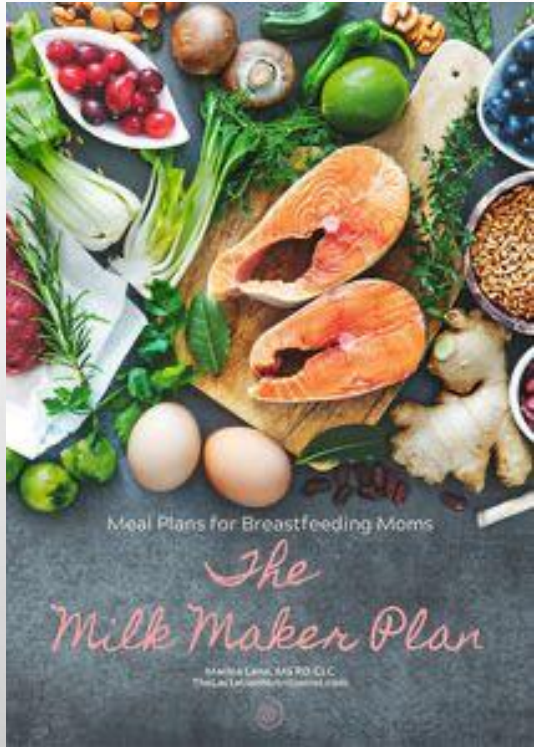


CUP FEEDING A BABY

Cup Feeding Videos

Relactation





What About My Favorite Tools?

Relactation Plan

01

Promote hands on caregiving and skin-to-skin contact

02


Eliminate bottle and pacifier

03

Stimulate the breast 8-12 times a day

04

Offer supplements at the breast, if latching

A smooth, light-colored stone with the text "Patience takes a long time" engraved on it, set against a dark blue textured background with water droplets and a golden object.

Patience
takes a long time

Relactation Timelines



2-6 days: initial milk



4- 28 days: partial relactation



7-60 days: complete relactation

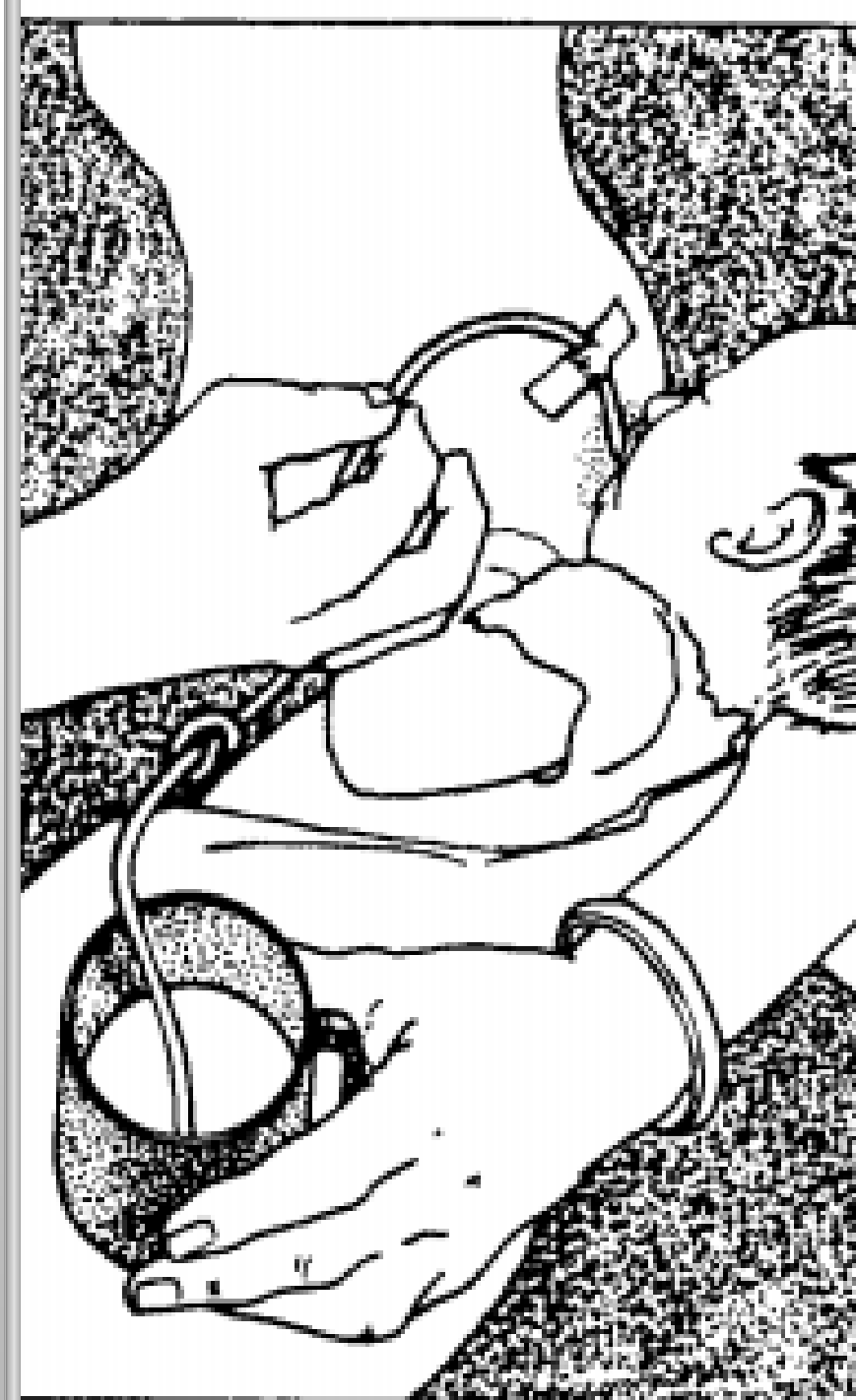


Drop And Drip Technique

- 💧 Apply milk to the nipple before latching
- 💧 Drip additional milk while infant works to latch well
- 💧 May need three hands

Supplementers

- 👉 Proprietary products
- 👉 50 cm or 90 cm nasogastric tube
- 👉 5 or 6 French medical tubing
- 👉 Food grade tubing
- 👉 5ml or 10 ml syringes



Notes About DIY Supplementers

- It is against NG manufacturers guidelines to use as a supplementer, proceed with caution
- Dispose of after 24 hours if using formula, 72 hours if using breastmilk, or if any visible signs of damage/discoloration



Cleaning Supplementers



1. Flush with cold, purified water using the syringe three times
2. Wash and flush with warm soapy water
3. Flush with bleach water and soak to sanitize

Bleach: (If You Can't Boil, Steam, Or Use A Dishwasher)

1. Prepare a bleach solution of 2 teaspoons of unscented bleach per gallon (16 cups) of water in a clean wash basin.
2. Submerge all items completely, checking that the solution touches all parts and there are no air bubbles in the bottles.
3. Squeeze solution through nipple holes.
4. Soak items in solution for at least 2 minutes.
5. Remove with clean hands or tongs. Do not rinse because germs could get back onto the sanitized items. Any remaining bleach will break down quickly as it dries and will not hurt your baby.

After sanitizing, place items on a clean, unused dish towel or paper towel in an area protected from dirt and dust. Allow to air-dry thoroughly before storing. Do not use a dish towel to rub or pat items dry because doing so may transfer germs to the items.



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Prepare Yourself And Your Family

Resources To Prepare Yourself

Personal

- 👉 [The Red Cross](#)
- 👉 [Ready.Gov](#)
- 👉 [Preparedness Calendar](#)
- 👉 [Psychological First Aid](#)

Professional

- 👉 [Portland Metro Infant Feeding In Emergencies Guidance \(RDPO\)](#)
- 👉 [CDC Breastfeeding In Emergencies](#)
- 👉 [American Academy Of Pediatrics](#)
- 👉 [SafelyFed Canada](#)

International

- 👉 [Emergency Nutrition Network](#)
- 👉 [World Health Organization](#)
- 👉 [The Technical Rapid Response Team](#)



One Week's Emergency Supply

Breastfeeding Vs Formula
Feeding

The background features a light gray gradient with several realistic water droplets of various sizes scattered in the corners. The droplets have highlights and shadows, giving them a three-dimensional appearance.

Questions?

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